

# Suggested Non-Perishable Food Donations for Seniors

Thank you for your generosity!

**Fruits** 

Canned mixed fruit (in light syrup)

Canned pineapple (in light syrup)

Canned peaches and pears (in light syrup)

Individual servings of fruit or applesauce

100% fruit juices (apple, grape, cranberry)

Raisins

Prunes

Dried mixed fruits

Fig bars

**Applesauce** 

**Vegetables** 

Mixed Vegetables (Low sodium)

Chickpeas

Black beans

Baked beans

Canned or stewed tomatoes

Jarred salsa

Canned beets

# Protein (Meat/Fish)

Canned Tuna (Packed in Water)

Canned Salmon (Packed in Water)

Canned Mackerel (Packed in Water)

Canned Chicken

Canned Beef

# **Protein (Other)**

Peanut Butter

Ensure® Nutrition Shake

Ensure® Protein Bars

Canned Nuts (No salt added)

Trail mix

## Soups

Low sodium soups

#### **Whole Grains**

Brown rice

Instant oatmeal (Low sodium or heart healthy)

Dry cereals (Cheerios®, Shredded Wheat®)

Cream of Wheat®

Whole grain/wheat pasta

Crackers

Muffin and bread mixes

# **Dairy**

**Evaporated Milk** 

Nonfat dry milk

Nondairy creamer





In partnership with the City of Albuquerque Department of Senior Affairs Jorja Armijo-Brasher, Director 505-764-6400





# Join Comfort Keepers and the City of Albuquerque Dept. of Senior Affairs Today to Fight Senior Malnutrition!

Hunger is a serious threat facing millions of seniors in the United States. It is estimated that one in nine seniors experience some form of hunger or food insecurity. Join us in support of *Comfort Keepers* and *the City of Albuquerque's Dept. of Senior Affairs* campaign to *STOP Senior Hunger* by participating in our **FREE** educational programs and making a donation of senior—friendly food at any of the following locations throughout the month.

### **FREE EDUCATIONAL PROGRAMS & FOOD COLLECTION SITES:**

May 10, 9:30am "Preventing Senior Malnutrition"	Billi Grossman, RD, LD	Highland Senior Center
May 13, 10am Diabetes series (4 weeks)	Shelley Rael, MS, RD, LD	Meadowlark Senior Center
May 14, 2pm "The New Healthy Eating"	Janice Moranz, M.D.	Bosque Farms Health Fair
May 16, 10:30am "Preventing Senior Malnutrition"	Billi Grossman, RD, LD	Tijeras Senior Center
May 19, 2pm "Preventing Senior Malnutrition"	Billi Grossman, RD, LD	Ambercare Medical Supply
May 23, 10am "Preventing Senior Malnutrition"	Lisa Harmon, MS, RD	Los Volcanes Senior Center
May 25, 9:30am "Preventing Senior Malnutrition"	Lisa Harmon, MS, RD	North Valley Senior Center
May 26, 10am "The New Healthy Eating"	Janice Moranz, M.D.	The Woodmark in Uptown
May 27, 10am "Preventing Senior Malnutrition"	Shelley Rael, MS, RD, LD	Bear Canyon Senior Center

<u>ADDITIONAL FOOD COLLECTION SITES:</u> Donations can be made at any of the above locations and Palo Duro Senior Center, Manzano Mesa Multigenerational Center, Albuquerque Grand, Edgewood Senior Center, Walgreen's of Edgewood, Beehive Homes of Edgewood, and any Comfort Keepers office.



To speak with us about improving nutrition through our homecare services, please call:

Albuquerque & Rio Rancho: **505.232.7070** 

East Mountains & Valencia County: 505.515.0001

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